

The Song of Paldarbom

(duet)

from the *Mila Grubum*
Tibetan, 11th century

Slow, rubato ♩ = 68 (approx.)

Singer 1: I can con-temp-late the sky, but clouds make me un - eas - y. _____
Singer 2: I can con-temp-late the sea, but waves make me un - eas - y. _____
Both: I can con-temp-late my mind, but thoughts make me un - eas - y. _____

Mi - la - re - pa, tell me how to med - i - tate on clouds?
 Mi - la - re - pa, tell me how to med - i - tate on waves?
 Mi - la - re - pa, tell me how to med - i - tate on thoughts?

Both: "If the sky's as eas - y as you say, _____ clouds are just the sky's _____
 "If the sea's as eas - y as you say, _____ waves are just the sea's _____
 "If your mind's as eas - y as you say, _____ thoughts are just the mind's _____

play. Let your mind stay _____ with - in the sky."
 play. Let your mind stay _____ with - in the sea."
 play. Let your mind stay _____ with - in your mind."